Concordia
UNIVERSITY

LACOLLE CENTRE FOR EDUCATIONAL INNOVATION

848-4955

<u>Please Post</u>

1996 WINTER/SPRING WORKSHOP SERIES

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HOW TO WEIGH WHAT YOU WANT, WITHOUT DIET OR PHYSICAL EXERCISE (17 weeks). Learn to control your weight within one kilogram of target. We are what we think. Change your thinking and you change what you are and what you weigh. This course changes your thinking by changing what you say when you talk to yourself. Participants lose three-quarters of a pound a week on average. Follow-up and maintenance program available. LEADER: **Michael Brooker** (M.Soc.Sc.), has many years experience in designing and presenting courses in group and individual development. DATE: Monday evenings beginning February 5 (for 17 weeks); 6:30 - 9:30 p.m.; FEE: $136.75 ($120.00 plus taxes).

STRESS AND BURN-OUT PREVENTION (5 weeks). This workshop series proposes a practical and simple approach to coping with stress and avoiding burn-out in your personal and work lives. Each participant will develop a personal action plan to deal with his or her particular stress profile and coping style. LEADER: **Suzanne Coté** (M.A.) is a highly respected facilitator and seminar leader. DATE: Monday evenings, Feb. 5 - March 4; 6:30 - 9:30 p.m. FEE: $170.93 ($150.00 plus taxes).

DEVELOPING INNER STRENGTH THROUGH ART (8 weeks). This workshop series explores the nature of inner strength and provides opportunities for developing and nurturing it through creative expression: painting, clay, writing and story-telling. <u>No</u> prior experience of art is required. LEADER: **Deborah Herman**, ATPQ, M.A. Art Therapy, Artist. DATE: Wednesday evenings, Feb. 7 - March 27; 6:30 -9:30 p.m. FEE: $227.91 ($200.00 plus taxes).

OVERCOMING THE NEGATIVES IN YOUR LIFE. Learn how to break free from past limitations and beliefs and from self-defeating behaviours so that you can create the life you want. By developing a new, positive way of thinking, feeling and being, you can tap into the power of your true self and unlimited potential. LEADER: **Antoinette Giacobbe** (M.A.), blends traditional counselling with the holistic approach and has over 15 years experience in teaching across Canada. She maintains a private practice in Montreal and Ottawa as well as conducts workshops. DATE: Saturday, February 10; 9:30 -4:00 p.m.; FEE: $50.00 plus taxes $56.98 ($50.00 plus taxes).

UNDERSTANDING HOW THE CONVERSATIONAL STYLES OF MEN AND WOMEN CAN BIND OR BREAK RELATIONSHIPS. Understanding gender differences in conversational styles enables us to realize dissimilarities when we hear them, helps promote tolerance when listening to others and can prevent minor misunderstandings from becoming major confrontations. Sensitizing ourselves to "how" others speak can lead to far more effective association and relationships between women and men. LEADER: **Rona Davis,** (M.A. Communications) is an educational researcher and guest lecturer. DATE: Tuesday, February 13, 6:30 - 9:30 p.m.; FEE: $39.88 ($35.00 plus taxes).

MID-LIFE CHALLENGES. Mid-life is a time of reflection, evaluation and planning for your future. This dynamic workshop will offer stimulating exercises and thought-provoking discussion. LEADER: **Shirley Caplan** (M.A. Counselling Psychology; Family Life Education) specializes in human relations. DATE: Saturday, February 17; 9:30 - 4:00 p.m.; FEE: $56.98 ($50.00 plus taxes).

THE ART OF RISK TAKING. Are you stuck in your comfort zone? Afraid of the unknown? Is your life boring and unsuccessful? As you take risks you not only create your future, but life becomes more fun, exciting, energizing and successful. Learn how to make risk-taking a viable choice in building the quality of life you dream of. LEADER: **Antoinette Giacobbe.** DATE: Saturday, February 24; 9:30 - 4:00 p.m. FEE: $56.98 ($50.00 plus taxes).

MODEL MUGGING. This 12-hour workshop is the most powerful personal safety program you can find. Model Mugging will teach you many verbal and physical strategies to defend yourself from an attack. Participants will practice real life assault scenarios using absolute "full force" against a padded mock assailant. The workshop is for women only (minimum age 17 years) and registration is limited. LEADER: LEADER: **Linda Handis** is the owner and administrator of Model Mugging in Montreal and Ottawa. DATE: Saturday, March 2 and Saturday, April 13; 11:00 - 5:00 p.m. FEE: $199.42 ($175.00 plus taxes).

SIX-STEP PROBLEM SOLVING. Learn hands-on strategies for defining and brain-storming effective, workable solutions to problems encountered in the workplace and professional and personal life. LEADER: **Shirley Caplan** DATE: Wednesday, March 6; 6:30 - 9:30 p.m. FEE: $34.99 ($35.00 plus taxes).

INTUITIVE TRAINING. Intuition is a way of knowing without rational thinking. Our logical mind is just as important for our survival as our intuitive mind. This workshop is for those interested in strengthening their intuitive side and releasing creative potential. Learn the language of your intuition, make quicker and better decisions, resolve problems and improve every aspect of life. LEADER: **Antoinette Giacobbe** DATE: Saturday, March 9; 9:30 - 4:00 p.m. FEE: $56.98 ($50.00 plus taxes).

CAREER TRANSITION AND JOB SEARCH (5 weeks). This workshop series offers practical tips, tools and techniques for people who are or are about to be "in between jobs." Participants will define career goals, learn how to develop a self-marketing plan, design a power C.V., write letters to prospective employers, read the want ads, develop a support network, prepare for job interviews and follow-up on job applications. LEADER: **Suzanne Coté** DATE: Monday evenings, March 11 - April 8; 6:30 - 9:30 p.m. FEE: $170.93 ($150.00 plus taxes).

ATTAIN YOUR FINANCIAL GOALS. This 2-evening workshop is about directing your money where you would like it to be. In this step-by-step approach to budgeting, participants will actually do their own budget. Topics of discussion include: how to make your budget work for you, prioritizing expenses, where to make budget cuts, how to get back on track. A workbook ($15) is needed for the course. LEADER: **Dora Moquin** has over 16 years experience in financial institutions, specializing in investment counselling, portfolio management, consumer and business credit. DATE: Thursday, March 14 and March 21; 6:30 - 9:30 p.m. FEE: $74.07 ($50.00, $15.00 plus taxes).

THE HEALING POWER OF ANGER: THE MISUNDERSTOOD EMOTION. This 2-evening workshop is an exploration of the nature and dynamics of anger, its use and misuse, and its effects at work and in our personal lives. Participants will gain a greater understanding of their anger patterns and ways of using anger as both a signal and a tool to more effectively channel energy and communicate needs. LEADER: **Kathryn McMorrow** (M.A. Clinical Psychology) gives seminars across Canada in business, education and social service settings. DATE: Tuesday, March 19 and March 26; 9:30 - 6:30 p.m. FEE: $56.98 ($50.00 plus taxes).

THE JOURNEY FROM ANGER TO FORGIVENESS. Through personal reflection, guided imagery, dialogue and group discussion, participants will explore the myths and realities of what it means to forgive, the role of anger and grieving in the forgiveness process and the appropriateness of confrontation and reconciliation in letting go and living fully. (Prerequisite: participation in one of Kathryn's anger workshops) LEADER: **Kathryn McMorrow** DATE: Sunday, March 31; 9:30 - 4:00 p.m. FEE: $56.98 ($50.00 plus taxes).

WOMEN, PERSONAL POWER AND SELF-ESTEEM. A 2-evening workshop for women to explore how to use personal power to nurture themselves and others appropriately, create their own definition of success, face the fears that prevent the achievement of goals and live more fully by taking responsibility for their own lives. LEADER: **Kathryn McMorrow** DATE: Tuesday, April 16 and April 23; 6:30 - 9:30 p.m. FEE: $56.98 ($50.00 plus taxes).

MEMORY AND MEMOIRS: WRITING TO MAKE SENSE OF OUR PASTS. After a rudimentary look at how memory functions, participants in this workshop will be encouraged to try writing exercises to mine their own memories. As well, participants shall make references to and find inspiration in the celebrated memoirs of the French writer, Colette. LEADER: **Monique Polak,** teaches English at Concordia University and Marianopolis College. DATE: Saturday, April 27; 9:30 - 4:00 p.m. FEE: $56.98 ($50.00 plus taxes).

(ALL WORKSHOPS WILL BE HELD ON THE LOYOLA CAMPUS, CONCORDIA UNIVERSITY, ROOM TBA)

REGISTRATION PROCEDURES: A separate registration form must be completed for each workshop. Make your cheque payable to **Lacolle Centre** and return with registration to: Lacolle Centre, Concordia University, 7141 Sherbrooke St. West, Montreal, Quebec H4B 1R6.

REFUND POLICY: There will be no refunds two days prior to workshop.

CALL 848-4955 FOR MORE INFORMATION OR TO REGISTER.

REGISTRATION FORM: LACOLLE CENTRE

Workshop:_____ Fee:_____ Date:_____

Name:_____

Address:_____ City:_____ PostalCode:_____

Telephone: (Home):_____ (Work):_____ Local:_____

Amount of cheque enclosed: $_____

Concordia Participants:

Budget Code: _____ Authorized Signature:_____